

# Queyras Snowshoe Winter Paradise

Trip Code: QUY

Version:



WINTER



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Snowshoe in remote valleys & quiet trails, away from the crowds
- Enjoy spectacular mountain views, including the Ecrins National Park
- Centre-based in a charming family run hotel in the picturesque village of Aiguilles
- Fully guided and all snowshoe equipment provided

## AT A GLANCE

- 6 days snowshoeing
- Max altitude - 2656 metres
- Join at Aiguilles

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

The Queyras Regional Natural Park is considered to be one of the most beautiful in France; wild mountain valleys, with impressive rock faces and jagged ridgelines are all there just waiting to be explored. The area lies south of the ancient town of Briançon, a World Heritage Site, and is just west of the frontier with Italy. For our week in this beautiful area we are based in the village of Aiguilles in a small family run hotel. We begin our week by snowshoeing up to La Criox de Curlet which boasts excellent views of the area, during the day we can start to get the feel for snowshoeing and our guide will also do a little training on mountain safety in winter and we'll begin to look at the snowpack itself. Continuing through the week, our days get slightly longer as we get used to wearing snowshoes, a specific highlight is on day 6 where we aim to the summit of Crete de Gardiole; at 2656m this is also the highest point of the holiday. If you are looking to get away from the crowds this winter, look no further, as it's a surprise to meet other groups on the mountain!

## Is this holiday for you?

This week of centre-based, guided snowshoeing is designed to appeal to regular mountain walkers wishing to learn snowshoe techniques as well as those with previous snow-shoeing experience. During the holiday we will cover a variety of ground from relatively easy snow covered trails to steeper mountain slopes. The trip is suitable for novices and also those people with previous snowshoeing experience; however a high level of fitness is required.

The itinerary will be flexible and during the week the guide will use their expertise and local knowledge to determine the best routes to take advantage of prevailing snow conditions and the abilities of the group. A suggested itinerary for the week is given below, but may be subject to change. If snow conditions do not permit snow-shoeing on any of the routes, the group will follow an alternative winter hiking itinerary.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- Professional guiding with full snowshoe instruction
- All land transport
- Single timed airport transfers
- All accommodation as described
- Meals as described in the meal plan
- Snow shoes and ski poles.

### What's not Included

- Travel insurance
- Tips for local staff
- Personal spending money and miscellaneous expenses - drinks
- souvenirs etc.

### Joining Arrangements & Transfers

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#### TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

The group will meet for dinner at the group hotel in Aiguilles at 19:00.

On day 1 of the itinerary there is a single timed transfer provided from Turin Airport at 16:30. On day 8 of the itinerary there is a single timed transfer back to Turin Airport departing at 08:00 - Your flight back from Turin should be from 1300 hrs onwards on this day.

## Meal Plan

All meals are included in your holiday price. We recommend an allowance of about €10 for snacks and soft drinks.

This is one of the few trips for which we include a packed lunch on each of the snowshoeing days. Aiguilles our base is small and it is convenient for our guests to provide a picnic. Our hosts do a great job at ensuring we have plenty to eat at lunchtime on the mountain. Please bring a plastic/tupperware box of around 300-350cc and fork/spoon as they will often supply some salad.

Please note that although the food is tasty and wonderfully produced, the kitchen is small and meal options kept to a minimum therefore not all special dietary requirements can be catered for.

## Accommodation

Our base for this week of snowshoeing is a lovely family run hotel in the small village of Aiguilles. The hotel boasts spacious rooms, generous meals and a friendly atmosphere. The accommodation will be based on twin sharing with each room having a separate toilet and bathroom. If you are travelling on your own, you will be paired up with another traveller of the same sex. Single rooms may be available on request; however, these are limited in number and we recommend that you book early if you wish to be sure of a single room.

## Group Leader & Support Staff

Professional, English speaking guide

## Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

## Spending Money

We recommend an allowance of €15 - €20 per day for lunches, snacks, water etc. For this trip the opportunity to obtain cash is very limited, there are cash machines in Turin Airport and we strongly recommend you take money out here, or bring Euros with you.

## Baggage Allowance

For this trip we ask that you keep your luggage to a minimum. To make travelling to your accommodation easier a single timed transfer from Turin airport is provided. However, it means that there may be 8 people in a minibus with limited space for luggage. Your guide will also be arriving with all the snowshoe equipment for your week ahead, and this also will be in the minibus. In addition you will have to carry your luggage up stairs to your accommodation so please keep luggage as small and light as possible.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

## GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## Currency

The currency for part or all of this holiday is the Euro.

## Climate

The temperatures we can expect to encounter during the day will be in the range -10 to +15 degrees celcius/ 14 -59F, though it can feel much warmer than this in the reflected sunlight high on the slopes. In the evening the temperatures will drop. January to March is statistically the time of the lowest precipitation but mountainous areas do generate their own weather systems so occasional rain, snow and even stormy weather cannot be ruled out.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travellaware.campaign.gov.uk](http://travellaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Maps

iGN series, Mont Viso 3637 OT - 1:25 000

iGN series, Guillestre 3537 ET - 1:25 000

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

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## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

### You must bring the following items:

- Hiking boots (must be waterproof)
- Gaiters
- Trainers (for valley use)
- Socks
- Walking socks (2 or 3 pairs)
- Spare laces
- Trekking trousers
- Lightweight waterproof overtrousers
- Underwear
- Thermal baselayer - leggings
- Thermal baselayer shirts
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (eg. down)
- Daypack of approximately 30 litres capacity
- Water bottles 1 Litre (x2)
- Warm and waterproof gloves or mittens
- Lightweight thermal gloves
- Basic First Aid Kit - Our professional tour leaders hold first-aid qualifications and will carry a basic medical kit. You should bring your own personal first aid kit consisting of the following: throat lozenges, painkillers (anti-inflammatory), antiseptic cream/spray, plasters, blister treatment/tape, and re-hydration salts (Dioralite). Glucose tablets are a good idea.
- Sun protection (including total bloc for lips, nose etc.)
- Washbag and toiletries
- Antibacterial handwash
- Fleece hat
- Sunglasses with side protection
- Ski goggles
- Headtorch and spare batteries
- Sunhat
- Tupperware box of around 300-350cc and fork/spoon for lunches
- Ski poles (provided)

### The following items are optional:

- Earplugs (particularly if you are not the one snoring!)
- Waterproof liner for your daypack
- Camera
- Travel clothes
- Spare clothes
- Small padlock (to lock bag)



- Swimwear (there is a sauna and spa at the hotel)

## Notes:

**Specialist Equipment:** Snowshoes, ski poles, and standard safety equipment including an avalanche transceiver, probe and shovel will be provided by KE, and available to collect at the group hotel. *Please note you will be liable for any damage caused to the specialist equipment due to negligence.*

If you wish to take your own walking poles, make sure that they have snow baskets fitted.

## Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## Land Only Information

We sell this holiday on a Land Only basis and recommend that you book your flights to Turin Airport which is approximately 3 hours drive from Aiguilles. Please refer to the 'Joining Arrangements and Transfers' section for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK there are a number of low cost airlines offering flights to Turin. These include Easyjet who have flights from London, Jet 2 who have flights from Manchester, Edinburgh, Birmingham & Leeds Bradford. Other airports may be available.

If you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

# Why Choose KE

## Why KE

Snowshoe in quiet areas that are 'off the beaten track' and with a small group (maximum of 8 people) you can get a real feel for this spectacular area.

**Please Note** This document was downloaded on 23/11/2024 and the trip is subject to change